

DEVICE AND KIT FOR BODY STRETCHING

Abstract

A device for use in assisting a person to stretch a targeted tissue in the body. The stretching device consists of a long, inelastic strap with a fixed loop at one end, and a connector on the other end. The connector has a fixed part and a movable part that, when connected together, form a second loop at the second end of the strap, of varying size. The device is used in combination with instructions that inform the user of the proper use of the device to stretch a targeted tissue in the body. Packaging of the device and the instructions together provides a convenient kit for use in stretching exercises for the body.